PELVIC FLOOR EXERCISES

SAHRMANN LEVEL 2
DIFFICULTY: EASY - ALL FITNESS LEVELS
TYPE: CONDITIONING
GOAL: CORE STRENGTH

PROCEDURE
1. Lie on your back with your knees bent.
2. Lift one foot slightly off the floor and slide it out until fully extended without touching the floor through the complete motion.
3. Once fully extended, allow your heel to rest on the floor, then bring it back to the original bent knee position.
4. Perform the same exercise as above with your other leg.
5. Between each rep, relax your abdominal muscles.
6. Repeat 10 times.
7. Complete 1 set once a day.